

Citation for published version:

Daniels, J, *Psychological wellbeing of Frontline Doctors: infographic*, 2021, Digital or Visual Products.

Publication date:
2021

Document Version
Other version

[Link to publication](#)

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MENTAL HEALTH STARTS WITH MEETING BASIC NEEDS.

Some of the people most affected by the COVID-19 pandemic were frontline doctors.

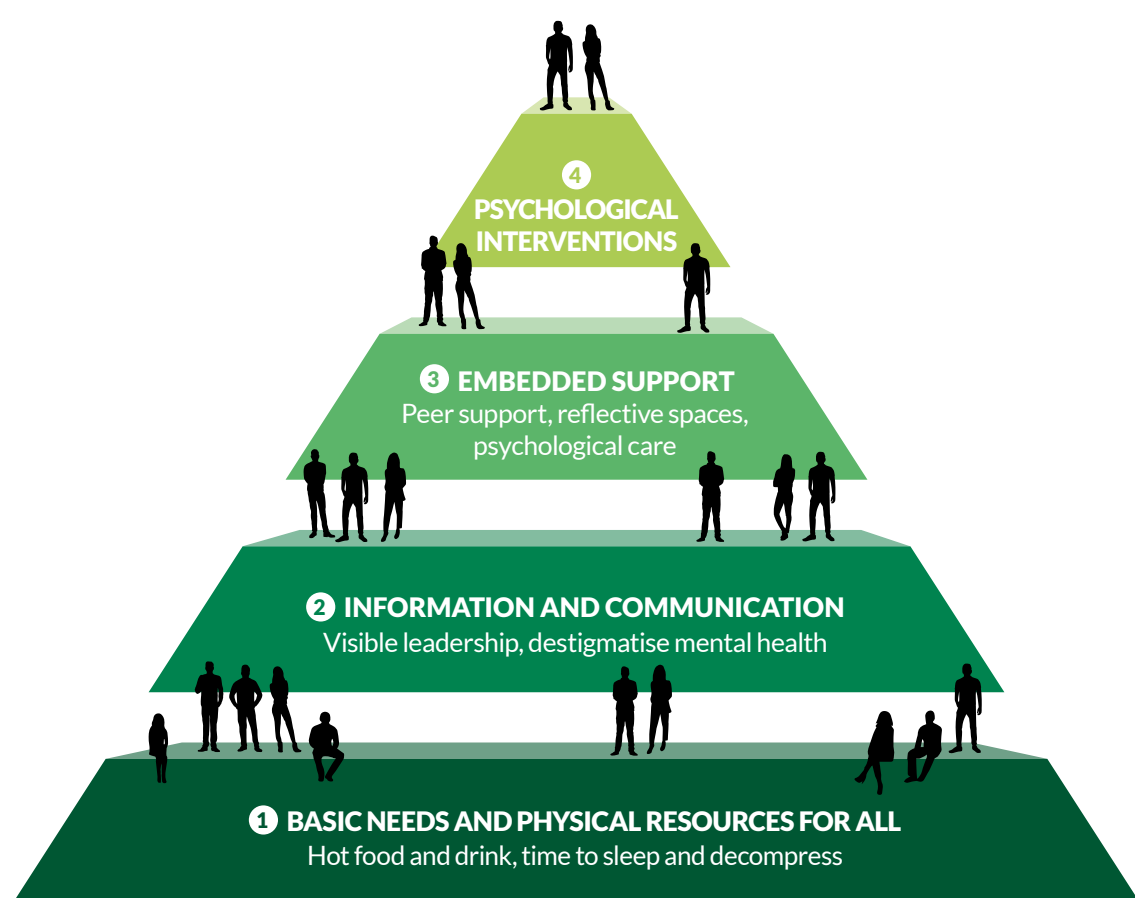
After two exhausting pandemic waves, no doctor can operate well when tired, hungry and concerned about their own and their family's physical and emotional safety. Doctors need time to sleep, decompress and recharge, safe spaces to talk.

The [CoCCo study](#) model of wellbeing and psychological care illustrates the importance of meeting basic needs for all, and specialist support for the few; progressing through stages as need arises.

Psychological care needs to be part of where you work.

Use this model as a template to shape a coherent pathway of support for those on the frontline, asking these questions:

- What are we providing at each stage?
- How can we help guide someone through these stages as they need more support?
- Where are our gaps?



COVID-19 shone a spotlight on problems in the NHS that existed before the pandemic. It's time for culture change: shared responsibility for our own and each other's wellbeing, destigmatising mental health and role modelling of leadership in compassionate care are pivotal to the future wellbeing of our workforce. Mental health affects everyone, we must do better at providing psychological care.